**Laurdag 11.05.2014**

## Decathlon M20+MS , Time :16:11

**Flight : 1**

| Rank | ID | Name | Team | Area YOB | Cat | Result | Info |
|---|---|---|---|---|---|---|---|
| 1 | 2 | Karsten Warholm | Dimna IL | 96 | M20 | 7137p | |
| 2 | 1 | Rein Åsmund Torsvik | Sandnes IL | 92 | | 4176p | |
| 3 | 6 | Joachim Sandberg | Sandnes IL | 95 | M20 | 744p | |

**Laurdag 10.05.2014**

## 100 meter M20+MS , Time :10:50

**Heat : 1 Wind = -0.1**

| Rank | ID | Name | Team | Area YOB | Cat | Result | Info |
|---|---|---|---|---|---|---|---|
| 1 | 2 | Karsten Warholm | Dimna IL | 96 | M20 | 10.90 | 883 P |
| 2 | 6 | Joachim Sandberg | Sandnes IL | 95 | M20 | 11.54 | 744 P |
| 3 | 1 | Rein Åsmund Torsvik | Sandnes IL | 92 | | 11.95 | 661 P |

**Laurdag 10.05.2014 Combined**

## Long Jump M20+MS , Time :11:36

**Flight : 1**

| Rank | ID | Name | Team | Area YOB | Cat | Result | Wind (m/s) | Info |
|---|---|---|---|---|---|---|---|---|
| 1 | 2 | Karsten Warholm | Dimna IL | 96 | M20 | 7.24m | 1.8 | 871 P |
| 2 | 1 | Rein Åsmund Torsvik | Sandnes IL | 92 | | 5.35m | 1.1 | 451 P |

**Laurdag 10.05.2014 Combined**

## Shot Put M20 6kg+MS 7,260kg , Time :12:57

**Flight : 1**

| Rank | ID | Name | Team | Area YOB | Cat | Result | Info |
|---|---|---|---|---|---|---|---|
| 1 | 2 | Karsten Warholm | Dimna IL | 96 | M20 | 11.68m | 587 P |
| 2 | 1 | Rein Åsmund Torsvik | Sandnes IL | 92 | | 5.65m | 228 P |

**Laurdag 10.05.2014 Combined**

## High Jump M20+MS , Time :15:21

**Flight : 1**

| Rank | ID | Name | Team | Area YOB | Cat | Result | Info |
|---|---|---|---|---|---|---|---|
| 1 | 2 | Karsten Warholm | Dimna IL | 96 | M20 | 1.97m | 776 P |
| 2 | 1 | Rein Åsmund Torsvik | Sandnes IL | 92 | | 1.64m | 496 P |

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**Laurdag 10.05.2014 Combined**

## 400 meter M20+MS , Time :16:07

**Heat : 1**

| Rank | ID | Name | Team | Area YOB | Cat | Result | Info |
|---|---|---|---|---|---|---|---|
| 1 | 2 | Karsten Warholm | Dimna IL | 96 | M20 | 48.20 | 899 P |
| 2 | 1 | Rein Åsmund Torsvik | Sandnes IL | 92 | | 54.24 | 630 P |

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**Søndag 10.05.2014 Combined**

## 110m Hurdles M20 1m + MS 1,067m , Time :

**Heat : 1 Wind = 1.2**

| Rank | ID | Name | Team | Area YOB | Cat | Result | Info |
|---|---|---|---|---|---|---|---|
| 1 | 2 | Karsten Warholm | Dimna IL | 96 | M20 | 14.66 | 891 P |
| 2 | 1 | Rein Åsmund Torsvik | Sandnes IL | 92 | | 19.78 | 367 P |

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**Søndag 11.05.2014 Combined**

## Discus M20 1,75kg+MS 2kg , Time :14:20

**Flight : 1**

| Rank | ID | Name | Team | Area YOB | Cat | Result | Info |
|---|---|---|---|---|---|---|---|
| 1 | 2 | Karsten Warholm | Dimna IL | 96 | M20 | 33.61m | 536 P |
| 2 | 1 | Rein Åsmund Torsvik | Sandnes IL | 92 | | 19.08m | 255 P |

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**Søndag 11.05.2014 Combined**

## Pole Vault M20+MS , Time :14:20

**Flight : 1**

| Rank | ID | Name | Team | Area YOB | Cat | Result | Info |
|---|---|---|---|---|---|---|---|
| 1 | 2 | Karsten Warholm | Dimna IL | 96 | M20 | 3.90m | 590 P |
| 2 | 1 | Rein Åsmund Torsvik | Sandnes IL | 92 | | 3.20m | 406 P |

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## Javelin 800g M20+MS , Time :15:13

**Flight : 1**

| Rank | ID | Name | Team | Area YOB | Cat | Result | Info |
|---|---|---|---|---|---|---|---|
| 1 | 2 | Karsten Warholm | Dimna IL | 96 | M20 | 44.13m | 502 P |
| 2 | 1 | Rein Åsmund Torsvik | Sandnes IL | 92 | | 27.14m | 259 P |

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## 1500 meter M20+MS , Time :16:08

**Heat : 1**

| Rank | ID | Name | Team | Area YOB | Cat | Result | Info |
|---|---|---|---|---|---|---|---|
| 1 | 2 | Karsten Warholm | Dimna IL | 96 | M20 | 4:52.81 | 602 P |
| 2 | 1 | Rein Åsmund Torsvik | Sandnes IL | 92 | | 5:25.24 | 423 P |

**Laurdag 11.05.2014 Combined**

## Heptathlon W18 Women , Time :14:35

**Flight : 1**

| Rank | ID | Name | Team | Area YOB | Cat | Result | Info |
|---|---|---|---|---|---|---|---|
| 1 | 4 | Emilie Berge | Iveland IL | 97 | | 4600p | |
| 2 | 3 | Line Myhrestøl Johansson | Sørild FIK | 98 | | 3880p | |
| 3 | 7 | Ida Bakke Hansen | Sandnes IL | 93 | W23+ | 921p | |
| 4 | 8 | Agathe Holtan Wathne | IL FRI | 94 | W23+ | 897p | |

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## 100m Hurdles W18 0,762m KS 0,84 , Time :1

**Heat : 1 Wind = -0.7**

| Rank | ID | Name | Team | Area YOB | Cat | Result | Info |
|---|---|---|---|---|---|---|---|
| 1 | 7 | Ida Bakke Hansen | Sandnes IL | 93 | W23+ | 14.41 | 921 P |
| 2 | 4 | Emilie Berge | Iveland IL | 97 | | 14.55 | 902 P |
| 3 | 8 | Agathe Holtan Wathne | IL FRI | 94 | W23+ | 14.59 | 897 P |
| 4 | 3 | Line Myhrestøl Johansson | Sørild FIK | 98 | | 16.79 | 620 P |

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## High Jump W18 , Time :12:27

**Flight : 1**

| Rank | ID | Name | Team | Area YOB | Cat | Result | Info |
|---|---|---|---|---|---|---|---|
| 1 | 3 | Line Myhrestøl Johansson | Sørild FIK | 98 | | 1.57m | 701 P |
| 2 | 4 | Emilie Berge | Iveland IL | 97 | | 1.51m | 632 P |

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## Shot Put 3,000kg W18 , Time :13:36

**Flight : 1**

| Rank | ID | Name | Team | Area YOB | Cat | Result | Info |
|---|---|---|---|---|---|---|---|
| 1 | 4 | Emilie Berge | Iveland IL | 97 | | 10.61m | 569 P |
| 2 | 3 | Line Myhrestøl Johansson | Sørild FIK | 98 | | 9.99m | 529 P |

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## 200 meter W18 , Time :15:36

**Heat : 1 Wind = 2.0**

| Rank | ID | Name | Team | Area YOB | Cat | Result | Info |
|---|---|---|---|---|---|---|---|
| 1 | 4 | Emilie Berge | Iveland IL | 97 | | 26.30 | 771 P |
| 2 | 3 | Line Myhrestøl Johansson | Sørild FIK | 98 | | 27.56 | 666 P |

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## Long Jump W18 , Time :11:44

**Flight : 1**

| Rank | ID | Name | Team | Area YOB | Cat | Result | Wind (m/s) | Info |
|---|---|---|---|---|---|---|---|---|
| 1 | 4 | Emilie Berge | Iveland IL | 97 | | 5.34m | 1.2 | 654 P |
| 2 | 3 | Line Myhrestøl Johansson | Sørild FIK | 98 | | 4.43m | -0.3 | 411 P |

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## Javelin 500g W18 , Time :13:00

**Flight : 1**

| Rank | ID | Name | Team | Area YOB | Cat | Result | Info |
|---|---|---|---|---|---|---|---|
| 1 | 4 | Emilie Berge | Iveland IL | 97 | | 27.37m | 427 P |
| 2 | 3 | Line Myhrestøl Johansson | Sørild FIK | 98 | | 21.30m | 313 P |

## Søndag 11.05.2014 Combined

### 800 meter W18 , Time :14:35

**Heat : 1**

| Rank | ID | Name | Team | Area YOB | Cat | Result | Info |
|---|---|---|---|---|---|---|---|
| 1 | 4 | Emilie Berge | Iveland IL | 97 | | 2:33.85 | 645 P |
| 2 | 3 | Line Myhrestøl Johansson | Sørild FIK | 98 | | 2:34.28 | 640 P |

## Laurdag 11.05.2014 Combined

### 200 meter KS , Time :01:01

**Heat : 1 Wind = 1.2**

| Rank | ID | Name | Team | Area YOB | Cat | Result | Info |
|---|---|---|---|---|---|---|---|
| 1 | 9 | Ida Bakke Hansen | Sandnes IL | 93 | | 25.02 | |
| 2 | 11 | Eline Netland | Sandnes IL | 95 | | 26.15 | |
| 3 | 10 | Agathe Holtan Wathne | IL FRI | 94 | | 26.30 | |
| 4 | 12 | Ingrid Øvrebø | Sandnes IL | 96 | | 26.54 | |

## Laurdag 10.05.2014

### 400 meter MS , Time :01:13

**Heat : 1**

| Rank | ID | Name | Team | Area YOB | Cat | Result | Info |
|---|---|---|---|---|---|---|---|
| 1 | 14 | Jon Erik Nesse | Sandnes IL | 95 | | 52.36 | |
| 2 | 13 | Imran Mahmood | Sandnes IL | 92 | | 59.53 | |

## Søndag 10.05.2014

### 400m Hurdles MS 91,4cm , Time :15:36

**Heat : 1**

| Rank | ID | Name | Team | Area YOB | Cat | Result | Info |
|---|---|---|---|---|---|---|---|
| 1 | 15 | Marius Bakken Støle | Sandnes IL | 93 | | 52.67 | |
| | 16 | Joachim Sandberg | Sandnes IL | 95 | M20 | DNS | |